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## Patent Abstracts of Japan

PUBLICATION NUMBER : 2003116487

PUBLICATION DATE : 22-04-03

APPLICATION DATE : 15-10-01

APPLICATION NUMBER : 2001316302

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INT.CL. : A23L 1/305 A23L 1/30 A61K 31/122 A61K 31/201 A61K 31/721 A61K 35/78 // A61K 38/00 A61P 3/04

TITLE : FOOD FOR SLIMMING

ABSTRACT : PROBLEM TO BE SOLVED: To safely and effectively prevent and eliminate obesity due to synergistic effects by respectively inhibiting a plurality of causative factors in the obesity.

SOLUTION: This food for slimming is composed of 50 pts.wt. of an amino acid peptide, 30 pts.wt. of *Gymnema sylvestre*, 20 pts.wt. of a conjugated linoleic acid, 20 pts.wt. of isomerized linoleic acid, 20 pts.wt. of a sparingly digestible dextrin, and 3-10 pts.wt. of a coenzyme Q10. The amino acid peptide and coenzyme Q10 have inhibitory actions on fat absorption, inhibitory actions on lipid synthesis, and promoting actions on lipid metabolism. The conjugated linoleic acid and isomerized linoleic acid have lowering actions on body fats and reducing actions on the body fats. The *Gymnema sylvestre* and sparingly digestible dextrin have gastrointestinal tract absorption inhibitory actions and lipid absorption inhibitory actions. The components are derived from natural raw materials and provide synergistic effects on prevention and elimination of the obesity by combined use thereof.

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